

Term 4 Week 6 Wednesday 20 November, 2019



Dear Parents and Carers,

Welcome back to Week 6. The past week has been very trying for our whole school and community. Our thoughts are with families and community who have experienced difficulties due to the current bush fire situation. I would like to take this opportunity to thank everyone for their patience during our non-operational status. Staff were kept busy visiting other schools as well as supporting their families and communities during the emergency period. We are thrilled to welcome students and families back into routine. I have attached some information for families regarding anxiety during emergencies for your reference. If we can be of assistance please let us know.

Swimming

Next week all students will be enjoying our swimming sessions at Kyogle swimming pool. Please find the permission note and details on page 3.

Kindergarten Orientation

Today we welcomed 2020 kindergarten students for their final orientation session. We love getting to know these amazing young people and sharing in fun activities. A special thank you to our Year 5 buddies who have been supporting the new kindergarten students with care and kindness. I am very proud of you, Keone, Mallee, Grace and Elliot. If you know of any school age children who would like to attend next year please invite them to contact our school.

Kellyville Public School

As part of the Middle Years Learning Initiative, containing a group of schools who work collaboratively to promote best practice, I was privileged to visit Kellyville Public School over the past two days. Working with such dedicated educators enabled me to observe the many new and innovative ways in which this school caters for their school communities academic, social and emotional needs. Thank you to our amazing staff at Barkers Vale for holding the fort whilst I was away.

K-3 News

It was wonderful to welcome our beautiful class back this week after a difficult week away. In writing we are continuing to focus on our class goal of using punctuation accurately. They are learning to edit their writing to ensure others can read it easily. In maths, we are developing our subtraction skills and strategies. Please revise counting by ones to 100 and by twos, fives and tens.

Gymnastics

This Friday and Fridays 6 and 13 December, our school will participate in a North Coast Gymnastics program that will run from 10am-12pm at school. Children should wear appropriate clothing and footwear and bring a bottle of water.

Justine Griffin

IMPORTANT DATES

Term 4

Friday 22 Nov, 6 and 13 December

Gymnastics

Monday 25 - Friday 29 November

Intensive Swimming Program

Monday 2 December

COLOURSS Y6 Farewell Dinner

Tuesday 17 December

BVPS Y6 Farewell Dinner

PBL

POSITIVE BEHAVIOUR FOR LEARNING

Week 6 Focus: I am responsible – I keep my hands and feet to myself.

COLOURSS Y6 Farewell Dinner

Just a reminder that tickets cost \$25 and need to be purchased from school before 22 November. Students can take up to 4 guests. The dinner will be held at the Sugarbowl Bar and Café in Kyogle.

BVPS Y6 Farewell Dinner

Will be held as usual in our hall on 17 December. More information to come home soon.

Weekly Fitness!

This week's fitness has been led by James, Francis and Fergus to the song Bangarang. Their workout includes a lot of upper body movement! Well done, boys!

Alison Elliott



Canteen Roster – Term 4 2019

Below is our 2019 Term 4 home cooking and parent volunteer roster. Please fill in any days that you are able to contribute time helping in the canteen.

Week	Date	Home Cooking	Canteen Helper
Week 7	25 November	Stephens-Smith/Potter	
Week 8	2 December	Woods/Law	
Week 9	9 December	Rooney/Oss-Emer	
Week 10	16 December	Phillips/Williams	

Recycling at Barkers Vale Public School – Term 4, 2019

We have been running a very successful recycling system here at Barkers Vale PS for several years now. This involves the children, parents and school staff volunteering once a term to collect all the paper and plastics around the school.

This term we are going to continue to recycle each fortnight.

Below is a copy of the roster so far. If you can help out with recycling this term we would be most grateful. Please call the school on 66 897 202 or send in the note to let us know if you can help. We usually gather the recycling on a Thursday morning so it can be collected that afternoon. Thanks for your help.

Week	Who
Week 6: Thursday 21 November	
Week 8: Thursday 5 December	
Week 10: Thursday 19 December	

YES, I can help with recycling! My preferred week is Week _____.

Name: _____

Signed: _____

Contact Number: _____



School Swimming Scheme

We will once again be taking the whole school to Kyogle Pool for swimming lessons, during week 7 of this term (the week beginning Monday, 25 November). **There will be no teachers at school during swimming times.** Children from Years 2 to 6, who cannot swim 25m confidently, unaided in deep water, are eligible to participate in the School Swimming Scheme run by instructors employed by the Department of Education. Children in Kindergarten, Year One and those older and more confident swimmers will be instructed by BVPS teachers and parents.

Dates: Monday, 25 November to Friday, 29 November, 2019.

Times: Session One: 11.20 to 12:05

Session Two: 1:10 to 1:55

Travel: Bus

Cost: \$40 per child and \$70 in total for 2 or more children.

Each day of swimming lessons your child will need to bring their swimmers, towel, recess and lunch with drinks, hat and sunscreen. **There will be NO canteen. It would be best if the children could come dressed and ready to swim.**

We need parent helpers to make the week run smoothly. If you can help, please fill in the form below. It's a fun, rewarding week and the children benefit from your support.

Please return the consent form with the correct money by Friday, 22 November, 2019. Parents may make instalments over the next few weeks up until Friday, 22 November, 2019.

Regards, Justine Griffin

I hereby consent to the attendance of my son / daughter _____
at the Barkers Vale Swimming school classes to be held at Kyogle Pool from Monday 25 November to Friday, 29 November, 2019. Travel will be by bus. I have enclosed \$_____.

In the event of injury or illness, I also authorise (on my behalf) the seeking of such medical assistance that my child may require. Special needs of my child of which you should be aware (eg. Allergies, sensory impairment etc) are:

I can help on (please circle):

Monday: Session 1 Session 2

Tuesday: Session 1 Session 2

Wednesday: Session 1 Session 2

Thursday: Session 1 Session 2

Friday: Session: 1 Session 2

Signed: _____ Date: _____

Tool kit

Helping your children cope with the after effects of a natural disaster

How children react and how you can help

Lifeline's Helping your children cope with the after effects of a natural disaster tool kit will provide some practical information about:

What are some common responses?

What can I do to help?

When should I consider further help?

When disaster strikes everyone is affected. Knowing how to recognise trauma reactions in children and respond to these in a caring and supportive way can lessen the stress for all involved.

What are some common responses?

Trauma reactions to natural disasters such as bushfires, floods, storms or cyclones may appear immediately after the event or they may arise over the weeks following the event.

The loss of treasured possessions, pets, and sense of security can be felt very strongly. Reactions can vary greatly. The sorts of common reactions include: sleep disturbances, nightmares, fear of the dark, clinging to parents, loss or increase in appetite, aggressive behaviour, competition with siblings for parental attention, withdrawal, and/or loss of interest in regular activities.

There may be other reactions that your child could be experiencing. These reactions may vary according to a child's age. Importantly, most children will experience healing and recovery following painful experiences, as they rebuild their lives and develop new strengths. Your support can play a vital role in this process.

Children 5 years and under

Children 5 years and under have a tendency to be strongly affected by their parents' reactions. At this age children are unable to protect themselves, as a result, fear can arise, and your child may become anxious when separated from you.

Children 6–11 years

At this age children are able to understand loss and permanent change. Their anxiety can be high, this may be linked to the natural disaster experience or it may cross over into unrelated areas. Other reactions could be: regressive behaviour (e.g. thumb sucking), refusing to go to school, outbursts of anger, depression, feeling numb, physical complaints that have no medical basis, and concentration difficulties resulting in poor school work.

Children/adolescents 12–18 years

This age group may have reactions similar to those of adults. Reactions may be: flashbacks, avoiding anything that may remind them of the traumatic experience, anti-social behaviour, rebellion, loss of interest in activities once enjoyed, agitation or decrease of energy, change in friends, substance abuse. A young person in this age group may also feel guilty for being unable to 'stop the fire', 'prevent the house flooding' or 'save the house'. Difficulty talking about thoughts and feelings is common.